



**President's Message: Georgia Sutter**

Ahhhh – October! Pumpkin time, falling leaves and cooler weather - I love them all. Several things are being planned in the final months of this year and we will discuss them during our October General Meeting. Alma Guillot has volunteered her beautiful back yard for the meeting, which is on the 12<sup>th</sup> at 1:00. Her address is 1972 De La Pena Ave. Santa Clara and is only about ½ mile from the Senior Center. There are a lot of home improvement projects in that general area and parking could be a problem so I suggest carpooling even though we all live pretty close by. Rather than going through her house we should go around the corner and enter through the back gate. For those of you who aren't familiar with her house, one of the Board members will be in front to point you in the right direction. Nancy Toledo is providing the refreshments but please remember to bring your own drinks. Finally, please be sure to RSVP to me no later than Sunday 10<sup>th</sup> so we'll be sure to have seating available for everyone.

**2<sup>nd</sup> Vice President's Messages: Kathy Del Pino**

COVID-19 continues to cause uncertainty about scheduling our fund-raising events, other volunteer activities, and meeting locations. Therefore, the membership voted last month to postpone printing the 2021/2022 Yearbook until we are able to lock down that information. Instead, you will find an attachment showing the dates of our regular meetings and breakfasts as well as a few changes to the Membership Roster. I'll bring hard copy to the October meeting for those who prefer that format.

**Notes from the Nurses**

"Business" is increasing at the Health & Wellness Program as supports and services expire or are otherwise no longer available. Several of the programs to which we refer people are changing in January due to expanded benefits through the Affordable Care Act. This is a good thing, but until the procedures are distributed to the various agencies, it is a little confusing. This is especially true as the labor shortage affects what programs are able to offer. Also, we are getting lots of calls from family members who are returning to their offices, having worked from home this past year and a half and therefore available to help care for others. So – more disequilibrium that will take some time to address.

We are helping people find open adult activity centers (also called daycare), housing, medical care outside of their usual provider network, and we're still talking vaccinations! It is time to get your flu shot, which we are being strongly encouraged to get this year since we are more active outside our homes, often without masks.

It is also time to get your third shot if you are a Pfizer vaccine recipient. Please call us if you need help finding one.

In person classes at the Senior Center are going well – we have some wonderful instructors in Amber, Morgan, and Linda, and people are really enjoying getting back to a routine. Ginger and Zumba are back in the house – there's some energy YEAH! I can't recommend them enough, so please check them out. We are sensing an emotional "lull" in the community, among our coworkers, and in ourselves, as we continue to cope with our world and this pandemic. One antidote for that is to make one small change in our daily routine, get out of the house every day, and to move our bodies somehow.

We wish everyone a lovely October. We hope the rains are coming!

Take care ~ Mallory and Larisa

2021– 2022 BOARD OF DIRECTORS	
President	Georgia Sutter
1 <sup>st</sup> Vice President	Diane Jones
2 <sup>nd</sup> Vice President	Kathy Del Pino
Treasurer	Emily Adorable
Recording Secretary	Marti Ragone
Corresponding Secretary	Nancy Velasco
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Committee Appointees	
Audit	Diane Jones
Email Notification	Maria Landaveri
Finance	Emily Adorable
Holiday Meals	Dorothy Carlson
Membership	Kathy Del Pino
Newsletter	Maria Landaveri
Phone	Marti Ragone
Showtime Chair	TBD
Speakers	Maria Lopes
Sunshine	Judy Hubbard
Yearbook	Kathy Del Pino
Webmaster	Emily Adorable

## ¡Feliz Día de la Raza!



Q: How does a dentist fix a broken tooth?

A: With toothpaste of course!

A mom is writing a condolence card. Five year old Gregory asks what she's doing. "I'm writing a note to say how sorry I am that my friends' mom died". Gregory pauses for a VERY fraught moment and then asks, "That's just to be kind, right? You're not the one who did it are you?"

### Word Play

No matter how hard you push the envelope, it will still be stationery.

A hangover is the wrath of grapes.

A dog gave birth to puppies near the road and was cited with littering.

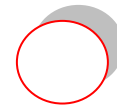
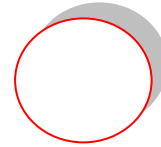
Santa's helpers are subordinate clauses.

Time flies like an arrow. Fruit flies like a banana.

A bicycle can't stand on its own because it's two-tired.

### Thought for the Month

You cannot protect yourself from sadness without also protecting yourself from happiness.  
— Jonathan Safran Foer



**SCWL GENERAL MEETING  
SEPTEMBER 14, 2021**

**CALL TO ORDER:** the Meeting was called to order by President, Georgia Sutter at 1:05 PM.

**PRESENT:** Georgia Sutter, Diane Jones, Kathy Del Pino, Emily Adorable, Nancy Velasco, Carol Phillips, Maria Landaveri, Nancy Toledo, Marlene Serrano, Myrna Moore, Alma Guillot, Mary Hanel, Cyndy Rice, Mallory von Kugelgen and Marti Ragone.

**GUEST SPEAKER:** Mallory von Kugelgen, our wonderful Sr. Center nurse gave a wonderful talk on the latest updates on the COVID pandemic, the need for vaccination and flu shots especially for seniors. Mallory announced that September is "Fall Prevention Month", so she passed out two sheets of information, one on "Debunking the Myths of Older Adult Falls" and the other on "Checking your Risk for Falling". Both topics were very timely and interesting.

**MINUTES:** Georgia asked that we read over the August 10th minutes that were handed out. Emily Adorable made a motion to accept the minutes, and it was seconded by Diane Jones. The motion was passed by all members present.

**PRESIDENT:** Georgia said that she talked to Jennifer Herb about using the Senior Center for our October 12th meeting, but was told that we were not able to use our usual room 232 yet. Georgia will try to talk with Jim Texiera, the head of Parks & Recreation, about using the Sr.Center auditorium which is larger and seating is more spread out for the meeting. Georgia will get back to us about where the October meeting will be held.

**TREASURER:** Emily Adorable read the August financial report and our Net Worth as of 8/31/21 is \$66,444.93. Alma Guillot made the motion to accept the financial report and it was seconded by Myrna Moore. The motion was passed by all members present.

**CORRESPONDENCE:** Nancy Velasco read a note that was received from Mayor, Lisa Gillmor thanking the Women's League for the \$50.00 donation that we gave to the Health & Wellness Program in memory of Kathy Allen.

**SECOND VICE-PRESIDENT:** Kathy Del Pino talked about the 2021-2022 Yearbook. She asked that we have a discussion about when and what we should do about the new yearbook since so much of our calendar is "TBD-to be determined". After some discussion, it was suggested that Kathy will print up a one page sheet with any changes made to the member roster and the monthly dates/times for the general meeting and breakfast club for the rest of the year and send it to Maria Landaveri to email and mail to our members. Alma Guillot made the motion to accept this idea and it was seconded by Mary Hanel. The motion was passed by all members present.

**BREAKFAST CLUB:** Georgia announced that we will have our monthly Breakfast Club on Monday, September 20th, at 9 AM at Mission City Grill.

**ADJOURNMENT:** The meeting was adjourned at 2:40 PM. Our next meeting is on Tuesday, October 12th at 1 PM. Location to be determined.

Prepared and respectfully submitted by Marti Ragone.

